WHAT IS CLAIMED IS:

1. An image sensing apparatus, comprising:

an image sensor that senses an image of a subject to obtain a sensed image;

an operating frequency setting device that is capable of setting the operating frequency of said image sensing apparatus to at least any of a first operating frequency or a second operating frequency different from said first operating frequency; and

a display unit that is capable of electrically displaying the sensed image obtained by said image sensor, the display unit being capable of display operations at any of said first or second operating frequency set by said operating frequency setting device.

2. The image sensing apparatus according to claim 1, wherein:

said second operating frequency is lower than said first operating frequency and said operating frequency setting device sets said first operating frequency when said sensed image is recorded.

3. The image sensing apparatus according to claim 2, wherein:

said display unit is capable of displaying the sensed image obtained from said image sensor at any of said first or second operating frequency.

4. The image sensing apparatus according to claim 2, wherein:

said operating frequency setting device switches between said first and second operating frequencies in a case where said display unit is operating.

5. The image sensing apparatus according to claim 1, wherein:

said second operating frequency is lower than said first operating frequency and said operating frequency setting device sets said first operating frequency when photography is performed.

6. The image sensing apparatus according to claim 5, wherein:

said display unit is capable of displaying the sensed image obtained from said image sensor at any of said first or second operating frequency.

7. The image sensing apparatus according to claim 5, wherein:

said operating frequency setting device switches between said first and second operating frequencies in a case where said display unit is operating.

8. The image sensing apparatus according to claim 1, wherein:

said display unit is capable of displaying the sensed image obtained from said image sensor at any of said first or second operating frequency.

9. The image sensing apparatus according to claim 1, wherein:

said operating frequency setting device switches between said first and second operating frequencies in a case where said display unit is operating.

10. The image sensing apparatus according to claim 1, further comprising:

a photography triggering member for giving a command to start photography; and wherein

said operating frequency setting device switches between said first and second operating frequencies in response to an operation of said photography triggering member.

11. The image sensing apparatus according to claim 10, further comprising:

a focusing device for performing a focus adjustment in response to an operation of said photography triggering member.

12. The image sensing apparatus according to claim 10, further comprising:

a metering device for performing a metering operation in response to an operation of said photography triggering member.

13. A method for controlling an image sensing apparatus, comprising:

an image sensing step that senses an image of a subject to obtain a sensed image;

an operating frequency setting step that sets the operating frequency of said image sensing apparatus to at least any of a first operating frequency or a second operating frequency different from said first operating frequency at least; and

a display step that electrically displays the sensed image obtained in said image sensing step, in said display step said sensed image being displayed at said first or second operating frequency set in said operating frequency setting step.

14. The method for controlling an image sensing apparatus according to claim 13, wherein:

said second operating frequency is lower than said first operating frequency; and

in said operating frequency setting step, said first operating frequency is set when said sensed image is recorded.

15. The method for controlling an image sensing apparatus according to claim 14, wherein:

in said display step, the sensed image obtained in said image sensing step is displayed at said first or second operating frequency set in said operating frequency setting step.

16. The method for controlling an image sensing apparatus according to claim 14, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

17. The method for controlling an image sensing apparatus according to claim 13, wherein:

said second operating frequency is lower than said first operating frequency; and

in said operating frequency setting step, said first operating frequency is set when photography is performed.

18. The method for controlling an image sensing apparatus according to claim 17, wherein:

in said display step, the sensed image obtained from said image sensor is displayed at said first or second operating frequency set in said operating frequency setting step.

19. The method for controlling an image sensing apparatus according to claim 17, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

20. The method for controlling an image sensing apparatus according to claim 13, wherein:

in said display step, the sensed image obtained in said image sensing step is displayed at any of said first or second operating frequency set in said operating frequency setting step.

21. The method for controlling an image sensing apparatus according to claim 13, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

22. The method for controlling an image sensing apparatus according to claim 13, further comprising:

a photography triggering step that gives a command to start a photography, and wherein

in said operating frequency setting step, switching between said first and second operating frequencies is done in response to said command to start a photography.

23. The method for controlling an image sensing apparatus according to claim 22, further comprising:

a focusing step that performs a focus adjustment in response to said command to start a photography.

24. The method for controlling an image sensing apparatus according to claim 22, further comprising:

a metering step that performs a metering operation in response to said command to start a photography.

25. A storage medium that stores a control program of an image sensing apparatus, said control program comprising:

a code for an image sensing step that senses an image of a subject to obtain a sensed image;

a code for an operating frequency setting step that sets the operating frequency of said image sensing apparatus to at least any of a first operating frequency or a second operating frequency different from said first operating frequency; and

a code for a display step that electrically displays the sensed image obtained in said image sensing step, in

said display step said sensed image being displayed at said first or second operating frequency set in said operating frequency setting step.

26. The storage medium according to claim 25, wherein:

said second operating frequency is lower than said first operating frequency; and

in said operating frequency setting step, said first operating frequency is set when said sensed image is recorded.

27. The storage medium according to claim 26, wherein:

in said display step, the sensed image obtained in said image sensing step is displayed at said first or second operating frequency set in said operating frequency setting step.

28. The storage medium according to claim 26, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

29. The storage medium according to claim 25, wherein:

said second operating frequency is lower than said first operating frequency; and

in said operating frequency setting step, said first operating frequency is set when during photography is performed.

30. The storage medium according to claim 29, wherein:

in said display step, the sensed image obtained in said image sensing step is displayed at said first or second operating frequency set in said operating frequency setting step.

31. The storage medium according to claim 29, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

32. The storage medium according to claim 25, wherein:

in said display step, the sensed image obtained in said image sensing step is displayed at any of said first or second operating frequency set in said operating frequency setting step.

33. The storage medium according to claim 25, wherein:

in said operating frequency setting step, switching between said first and second operating frequencies is done in a case where said display step is operated.

34. The storage medium according to claim 25, wherein:

said control program further comprises a code for a photography triggering step that gives a command to start a photography; and

in said operating frequency setting step, switching between said first and second operating frequencies is done in response to said command to start a photography.

35. The storage medium according to claim 34, wherein:

said control program further comprises a code for a focusing step that performs a focus adjustment in response to said command to start a photography.

36. The storage medium according to claim 34, wherein:

said control program further comprises a code for a metering step that performs a metering operation in response to said command to start a photography.